

Body Sculpt Treatment – Client FAQ

Welcome to your guide on Body Sculpt, the non-invasive treatment that tones muscles, burns fat, and tightens skin—all with zero downtime. Below are answers to the most common questions clients ask.

What is Body Sculpt?

Body Sculpt is a non-surgical body contouring treatment that uses HIFEM (High-Intensity Focused Electromagnetic) technology to stimulate muscle contractions. One 30-minute session equals 20,000 sit-ups or squats—without lifting a finger.

How long does each session take?

Each treatment lasts 30 minutes and targets one area (e.g., abs, glutes). For best results, a course of 4–8 sessions over 4 weeks is recommended.

Is there any downtime?

None at all! You can return to your day immediately after treatment.

When will I see results?

Most clients begin noticing results after a few sessions. Full results typically appear 2–4 weeks after the final treatment and continue to improve over time.

Who is Body Sculpt best for?

Ideal candidates are:

- Already active and near their target weight (within 2 stone)
- Looking to tone specific areas or shift stubborn fat
- Recovering from injury and unable to exercise normally
- Post pregnancy – this treatment is great for recovery from diastasis recti

It's not recommended for individuals with high levels of general body fat.

What kind of results can I expect?

Clinical studies show:

- 15–20% muscle growth
- 19% fat reduction

- 4 cm (1.5 inches) waistline loss 80% of clients see
- visible lifting in the buttocks

Clients often report seeing targeted definition they've never achieved through exercise alone.

How long do results last?

Results can be long-lasting with regular exercise and a healthy lifestyle. Maintenance sessions are optional and typically done once per month, or a block every 6-12 months.

How much does it cost?

You can find our current pricing on our booking website [here](#). Our multi-treatment packages represent the best value and best results!

Are there any side effects?

You may feel mild soreness, similar to a workout. Rarely, clients feel fatigued. There's no downtime, and most clients resume normal activities immediately.

Are there any risks?

Body Sculpt is FDA-cleared and clinically tested. However, it's not suitable for:

- Pregnant or breastfeeding individuals
- Those with pacemakers or metal implants in the treatment area
- People with active cancer, epilepsy, or recent cardiac events

Your practitioner will screen for contraindications during consultation.

How is Body Sculpt different from fat freezing?

Fat freezing targets fat only and is great for stubborn pockets. Body Sculpt builds muscle and generally tones the body. For optimal contouring, some clients combine both treatments.

Does it hurt?

Not at all. Most clients describe a "pulling" sensation. The involuntary contractions can take a minute or two to get used to. Treatment intensity is adjusted to your comfort level and increased as tolerated.

Does it help with cellulite?

Body Sculpt may reduce the appearance of cellulite by tightening and lifting the not specifically designed for cellulite treatment.

Where can it be used? Best

results are seen in the:

- Abdomen
- Buttocks
- Thighs

We can also achieve good results in the:

- Arms Back
- Love handles
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What's RF (Radiofrequency) and how does it help?

If your treatment includes RF, it enhances results by:

- Burning fat
- Tightening skin
- Improving circulation
- Reducing cellulite

Combined with HIFEM, RF offers a 3-in-1 effect: fat reduction, muscle building, and skin tightening. This is particularly effective in the abdomen area.

What should I do before and after treatment?

Before:

- Wear light loose clothing
- Remove metal jewellery
- Ensure skin is clean and dry

After:

- Stay hydrated
- Avoid alcohol and hot baths for 24 hours

If you have more questions or want to book a consultation, we're here to help you sculpt your best self.